

STICK WITH WIC — IT'S WORTH IT!



WIC HAS BEEN AROUND MORE THAN 25 YEARS FOR A REASON: IT WORKS.

Many studies have proven WIC's health benefits for the Women, Infants & Children who participate.

TO GET THE GOOD RESULTS WIC CAN GIVE:

- Be sure you pick up your foods monthly. If you fail to pick up your food after 2 months, 15 days, you will be dropped and must re-apply.
- Use your WIC foods. Your WIC nutritionist can give you tips on how to prepare foods your whole family will enjoy.

- Keep your recertification and nutrition education appointments.
- Follow the good advice your WIC nutritionist gives you. WIC helps you give your child the best start on good health by teaching the importance of certain foods to growth and development.

DON'T WASTE A MONTH OF WIC

Keep this schedule handy to make sure you and your child get the most you can from WIC.

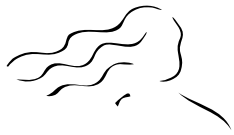
Questions? Just ask. We're here to help moms and children. We welcome any questions or suggestions you have about WIC. Contact your Health Department or call 1-800-721-7222.



MISSISSIPPI STATE DEPARTMENT OF HEALTH

*In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.)

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.*



AS SOON AS YOU DISCOVER YOU'RE PREGNANT:

- Schedule your WIC screening.
- If eligible, pick up your first food package right away.
- Set appointment for your next nutritional counseling.

WHILE YOU'RE PREGNANT:

- Keep your nutrition education appointment.
- If you are high risk, you may be asked to return several times.
- Pick up and use your foods each month.
- Prepare to breastfeed by seeing a breastfeeding counselor.

FOLLOWING DELIVERY:

- Pick up one more food package for yourself.
- Return to the Health Department for recertification to continue on WIC 12 months if you're breastfeeding, six months if you are not.

WHILE BREASTFEEDING:

- Get breastfeeding instruction and support, a breast pump if you qualify, and a food package each month you breastfeed, for up to 12 months.
- Keep your WIC check up appointments.

IF YOU DO NOT BREASTFEED:

- If you're on WIC, your baby is automatically eligible for formula but must be certified at the Health Department or independent health center.
- Get food packages for yourself for six months.
- Keep your nutrition education appointments.

FOR YOUR BABY:

- Get iron-fortified infant formula or non-standard formula with special documentation.
- No regular milk can be provided to infants under one year of age.
- Get infant cereal monthly, starting at four months.
- Add juice at six months and continue until 12 months.

FOR YOUR CHILD:

- From age 12 months to age 5, your child may be eligible to continue on WIC, with a screening every six months.
- Get a food package monthly and nutritional counseling every three months.

Recertification consists of blood work, diet assessment and height and weight checks. Your food pick up form reminds you of your next recertification appointment. It's important to keep your appointment or call the Health Department to reschedule. If you move, call the Health Department and change your address so you won't miss any important WIC notices.

STICK WITH WIC — IT'S WORTH IT!

While you're pregnant, after you deliver, for your child to age 5, as eligible.



Healthy Foods & Helpful Advice.
That's What WIC Is All About.
1-800-721-7222

WIC OFFERS NUTRITIOUS FOODS & VALUABLE ADVICE — AT NO COST TO YOU.